



## Worksite Wellness

# WIC Worksite Wellness

**C**ongratulations on your commitment to make your local agency a certified "Well WIC Worksite." To assist you in this journey, CWA would like to invite you to participate in UCLA's REACH US program.

California WIC Association is pleased to announce a partnership between WIC and UCLA. Dr. Toni Yan-ney heads the **Center to Eliminate Health Disparities (CEHD)** at UCLA. Her team leads the prestigious "**REACH US**" project, a CDC-funded program to improve nutrition and physical activity at worksites. The UCLA REACH US program has had significant success in the last three years, helping organizations in Los Angeles develop effective environmental strategies that incorporate physical activity and healthy food choices into their work day routines.

**Participation in the REACH US program is voluntary, and will not affect your WWW accreditation status.**

### To Local Agencies participating in the REACH US program, CEHD staff will provide the following:

- Provide you with training, materials and technical assistance that will enable you to incorporate physical activity and healthy food choices in your organizational culture and daily work routine through use of the "push" or default strategy.
- Administer and analyze the Worksite Wellness Assessment survey.
- Assist site in identifying strategies to increase organizational wellness;
- Assist you in identifying strategies to incorporate physical activity into the work environment;
- Assist you in identifying strategies to incorporate healthy food choices into the workplace;
- Upon request and where feasible, provide on-site direct training and technical assistance on program implementation;
- Evaluate the impact of these strategies on the practices and policies of organizations and on the health status of WIC employees.

### CWA will provide unqualified support and endorsement for the REACH US program, and will assist you by:

- Providing venue and logistics for training of key staff by UCLA CEHD trainers.
- Working with you to incentivize and support your incorporation strategies recommended by CEHD into your daily routines and organizational culture.
- Working with you to complete the Worksite Wellness Assessment survey and other data collection efforts.

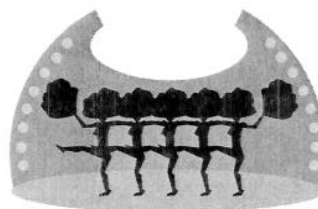
Agencies who agree to participate will be divided into two categories: the "Early Adopters" and the "Later Adopters". The "Early Adopters" will receive their training in January 2010. CEHD will gather data on the effects of the training and practices over a four-month period. The "Late Adopters" will serve initially as the control group, and will receive their training and materials from CEHD at the Annual CWA conference in May 2010.





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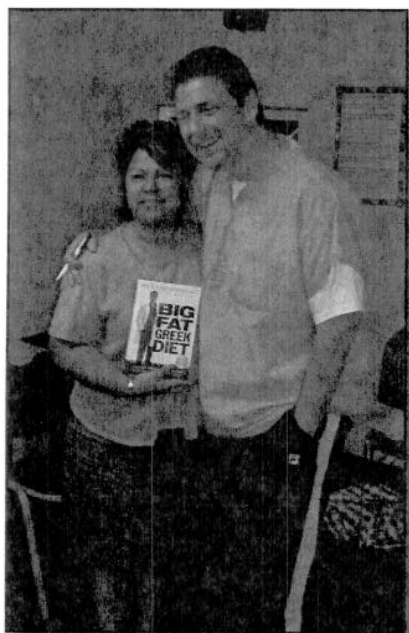
# Kicks Up a Few Notches!



### Local Agencies who agree to participate in this program will agree to:

- Send their Wellness coordinators/key staff to participate in a day-long training with Dr. Yancey's team from CEHD, who will help them implement physical activity and healthy eating practices developed especially for your WIC setting.
- Will complete a baseline assessment survey administered by UCLA CEHD staff on the day of the training.
- Show a commitment to the program by working with UCLA to help incorporate the training components into the site's routine, and participating in the data collection.

We hope you will utilize this wonderful opportunity to partner with UCLA in this prestigious program and learn strategies that will make healthy eating and regular physical activity for the norm for all staff at your sites.



Dr. Nick Yphantides conducted a day-long wellness retreat at **Delta Health Care** to get the staff jump started on their wellness goals. One of DHC's Clinic Coordinators, Lupe Williams, gets some individual advice from Dr. Nick.



**Riverside County** staff take a PA break every morning. When physical activity is incorporated into the work day, there is a better chance of staff participation.



Staff meetings at **Shasta County WIC Program** start with fun, chair exercises.

We will be starting a listserv soon, so you can ask questions, share ideas, and exchange information with your peers. Keep checking the WIC Worksite Wellness website for inspiring stories and resources. The WIC Worksite Wellness Advisory committee members are leaders, who have implemented many innovative wellness practices in their local agencies.

Feel free to contact them for assistance. Questions? Call Kinkini at [kbanerjee@calwic.org](mailto:kbanerjee@calwic.org).